help a girl out®

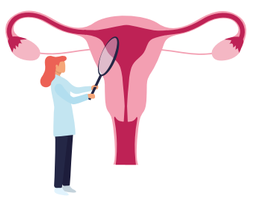
Why Track Your Period?

Your period provides valuable information about your health, and tracking it can help you understand your body.

UNDERSTAND YOUR CYCLE

Everyone's menstrual cycle is different. By tracking your period, you can learn:

- The average length of your cycle
- How many days your period lasts
- When ovulation may occur
- Patterns in your symptoms



WAYS TO TRACK

- Mobile period tracking apps
- A paper calendar or planner
- A menstrual journal
- Notes on your phone
- Remember to track. consistently!



Tracking your period isn't just about knowing when you'll bleed . It helps you understand your body, recognize changes, and make informed decisions about your health.

WHAT TO TRACK EACH MONTH:

Flow:

- Light, medium or heavy flow
- Number of days



Mood:

- Happy
- Irritable
- Anxious
- Emotional

Symptoms:

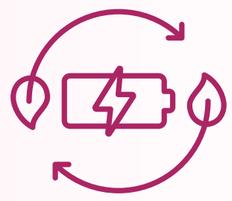
- Cramps
- Headaches
- Bloating
- Fatigue





Other Changes:

- Acne
- Sleep
- Appetite
- Energy Levels

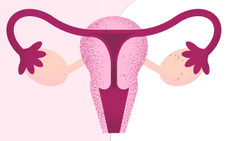


The more **consistently** you track these changes, the **easier** it becomes to notice patterns over time.

DETECT POTENTIAL CONCERNS

Tracking your cycle can help you notice changes such as unusually heavy bleeding, missing periods, severe pain, or irregular cycles. Recognizing these patterns can make it easier to discuss concerns with a healthcare professional if needed.





SUPPORT REPRODUCTIVE HEALTH

Understanding your menstrual cycle helps you learn when ovulation may occur and how hormones change throughout the month. Whether pregnancy is a cuurent goal or not, tracking your cycle supports informed decisions about your reproductive health.



REMEMBER:

Your period is more than a monthly event, it provides valuable information abour your health. Monitoring your menstrual cycle helps you understand your unique pattern, avoid surprises, and prepare ahead. By tracking, you can plan activities, carry emergency pads, and recognize changes that may help healthcare professionals indentify potential concerns early.

